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A 'POUTINE' INVESTIGATION OF OUR NATION'S 'LOONIE' LANGUAGE, FROM 'DOUBLE-DOUBLE' AND 'BUNNYHUG' TO 'SERVIETTE' AND 'CHESTERFIELD' PAGE 8

Proudly pounding the 'Peg pavement

Winnipeg Pride Parade participants show off their colours on Broadway on Sunday afternoon. To view a gallery from this year's parade, visit metronews.ca/winnipeg.

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AN ASSORTMENT OF AWESOME ... AND DANDELIONS

WHAT'S GOOD
Ace Burpee
winnipeg@metronews.ca

First off, shout-out to the three different lemonade stands run by three different brother-and-sister teams I came across this past weekend.

All were for charity (Cancer Care MB and Winnipeg Harvest), and all were a reminder that kids are still keeping it real. Best.

Table For 1200 organizers: Take a bow.

That's a really good look for this town.

People who already have their window flags up repping their country of origin in advance of the World Cup — you're my favourite. Best of luck in Brazil.

It's Commuter Challenge week, a movement to get people to choose alternative methods to get to work. Bike, walk, bus, etc.

If you're on the fence about cycling to work, do what Elisha Dacey, editor of Metro Winnipeg, did. Make a list of all the reasons you can't ride your bike to work, then just throw it out and do it anyway. Love that.

I randomly climbed a tree this weekend, and guess what? Turns out it's still super fun even when you're not super young. Put it on your list of things to do this summer.

If you're mad at dandelions, just know kids still pick them and give them to their mothers proudly as a token of affection (just like you did), which should at least make you dislike them a little less.

ACE BURPEE IS A LOCAL WRITER, RADIO SHOW HOST, PRODUCER AND SUPPORTER OF ALL THINGS GOOD

Taking the news lying down

Tony Johnson, 10, learns he gets to keep the bed he used during a Winnipeg Blue Bombers-sponsored sleepover at Investors Group Field Saturday night, while mom Darlene looks on. Johnson and 22 other underprivileged kids were gifted the beds they slept on thanks to a partnership between Dufresne Furniture, the Bombers and Big Brothers Big Sisters. SHANNON VAN RAES/FOR METRO

Bug boss says hot temps mean skeeters

Summer of swatting?
The season's nuisance mosquitoes hatched earlier than expected

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

Prepare to be attacked, Winnipeggers — our long-awaited hot weather has had the unintended effect of accelerating the hatching of summer nuisance mosquitoes.

Ken Nawolsky, superintendent of insect control for the City of Winnipeg, said that should the sizzling temperatures continue, we should start to see more skeeters early this coming week.

"What we're seeing now is basically a perfect storm. We have over-wintering mosquitoes … and you've got also the mosquitoes from the spring, nuisance mosquitoes, which have hatched, and then you have, just starting now, the summer species," he said on Friday, adding the number of winter and spring species should decline soon.

"We went from basically spring to summer in a very, very short period of time. Three weeks ago we were at 10 C and (Thursday) we were at 33."

The city reports that trap counts are at a low 3; however, Nawolsky said he can't make a prediction based on this number because the weather can change things drastically.

Nawolsky also reminded citizens to get rid of all standing water by dumping out containers, draining eavestroughs, covering rainwater collection containers, filling in low-lying areas and treating any water with biological larvicides.

Asked about ants, Nawolsky said he views them as more beneficial than a nuisance and recommends leaving them alone.

"Doing something to them is probably more detrimental to your lawn and to the whole ecosystem," he said, but encouraged homeowners to act if there's a larger nest or if the ants start going into houses.

As for cankerworms, the city believes there will be "very few" this year and most areas have only minimal damage.

Nawolsky said tree bands are still visible around the city and should be taken down.

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Man. files documents in PST lawsuit; Opposition leader says he's ready

Tax hike. Government raised retail sales tax to 8% from 7%

Manitoba's NDP government will argue in a live-broadcast court hearing next Wednesday that it had the right to raise the provincial sales tax and sidestep a referendum that had been required under the province's balanced budget law.

"It is respectfully submitted that it is now well established by the highest authorities that the Charter (of Rights and Freedoms) imposes no obligation on the government to implement a referendum or to maintain a referendum previously established," government lawyer Jonathan Kroft writes in a 44-page submission to Court of Queen's Bench.

"This is a case about ... the jurisdiction of a provincial government to manage the provincial economy and the limits on the role of the court to intervene in the operation of the legislative branch of government."

The government broke an election promise last July and raised the retail sales tax to eight per cent from seven. To do so, the government suspended a section of the balanced budget law, passed in 1995, that required a referendum on any increase to provincial sales, income or payroll taxes.

That prompted the Opposition Progressive Conservatives to file the lawsuit, which asks the court to declare the tax increase illegal. Tory Leader Brian Pallister said Friday he felt there was no other option but to defend what he sees as democratic rights.

"Frankly, it comes down to a question of whether you want to kneel before this government or not. And I don't want to kneel."

THE CANADIAN PRESS

At a glance

- The law was worded specifically to require a referendum before any tax-hike bill could be put before the legislature, but the NDP's bill did two things simultaneously: It raised the tax and suspended the referendum requirement.

Quoted

"It is respectfully submitted that it is now well established by the highest authorities that the Charter (of Rights and Freedoms) imposes no obligation on the government to implement a referendum or to maintain a referendum previously established."

Government lawyer Jonathan Kroft

Mayoral race

Wasylycia-Leis to confirm mayor run

One of the front runners from the 2010 civic election says she will be running again.

Judy Wasylycia-Leis sent out an invite to media Sunday inviting them to a press conference Tuesday to formally announce "that she is running to be the next Mayor of Winnipeg."

The press conference, to be held at Wightman Green Park at the corner of Ness Avenue and Linwood Street, will start at 11:30 a.m.

Wasylycia-Leis will be the seventh candidate to run for mayor, including U of M Prof. Robert-Falcon Ouellette, Coun. Paula Havixbeck, former councillor Gord Steeves, lawyer Brian Bowman, funeral director Mike Vogiatzakis and citizen Michel Filion. Blogger Gordon Warren bowed out of the race on May 26.

Mayor Sam Katz has repeatedly said he will reveal sometime in June whether he will run again.

Wasylycia-Leis received 90,913 votes to Katz's 116,308 in 2010.

METRO

Alleged offences

Pastor charged with child porn

Manitoba RCMP say they have charged a pastor with child pornography and voyeurism offences for allegedly recording young people in a washroom. THE CANADIAN PRESS

Table for 1200 attracts ... 1,200

Participants check out a brightly laden table at the Table for 1200 pop-up restaurant event, which took place on Esplanade Riel Saturday. The event was spearheaded by Storefront MB and 5468796 Architecture. Local chefs Ben Kramer of Diversity Food Services and the team behind RAW:Almond put together the menu.

ELISHA DACEY/METRO

'Hidden gem.' Little Mountain Park users plea for more city services

Couns. Devi Sharma and Brian Mayes, seen standing, receive feedback during a meeting last Thursday on the current challenges at Little Mountain Park. PHOTO COURTESY DEVI SHARMA

An orphan park just northwest of Winnipeg is a "hidden gem" and deserves some tender loving care, say supporters.

Coun. Devi Sharma said a meeting held last Thursday at Sir William Stephenson Library on Little Mountain Park drew a standing-only crowd, as well as a wealth of feedback.

"We heard about areas that need improvements, we heard about the washroom facilities, the need for water services because currently water is being trucked in, so if dogs need water, folks are bringing their own," said Sharma, whose ward is one of the closest to the park that's owned by the city but located in the RM of Rosser.

"Services like garbage collection — that needs to be increased. Volunteers are helping with garbage collection and that shouldn't be the case, and people talked about fencing, the need for some fencing to protect the dogs from vehicle traffic."

Sharma co-hosted the meeting with Coun. Brian Mayes, who represents St. Vital but was there in his capacity as chair of the mayor's environmental advisory committee.

Mayes said in addition to the improvements, he heard from Little Mountain users that they don't want to see over-development of the park and would like to see trails become off-leash.

Mayes and Sharma said they'll be taking the feedback to the city's parks department and the environmental advisory committee.

"People mentioned that it's a hidden gem and it should be protected, and I quite agree with that," added Sharma.

BERNICE PONTANILLA/METRO

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These offers expire June 7th, 2014 but are subject to change or withdrawal at any time. The mortgage must be funded within 90 days of the application date. Other conditions may apply.

† Assuming a mortgage of $270,000 with a 25-year amortization at a rate of 2.97%, switching to bi-weekly payments will decrease your amortization to less than 23 years and save you approximately $14,130 in interest. Alternatively, assuming the same mortgage of $270,000 with a 25-year amortization at a rate of 2.97%, if you keep your monthly payment frequency but apply annual lump sum prepayments of $500 and increase your regular payments by just $20 every year, after your first year, you will decrease your amortization to less than 21 years and save approximately $18,923 in interest.

Indian police say three confess to rape, murder

Country outraged. Two teenaged girls were assaulted and left hanging from a mango tree last week

Three men have confessed to the gang rape and slaying of two teenage girls who were found hanging from a tree in northern India, police said Sunday, in a case that has recast a light on rampant sexual violence in the country.

Authorities continued to search for two additional suspects in last week's attack on the 14- and 15-year-old cousins in Uttar Pradesh state, police officer Atul Saxena said.

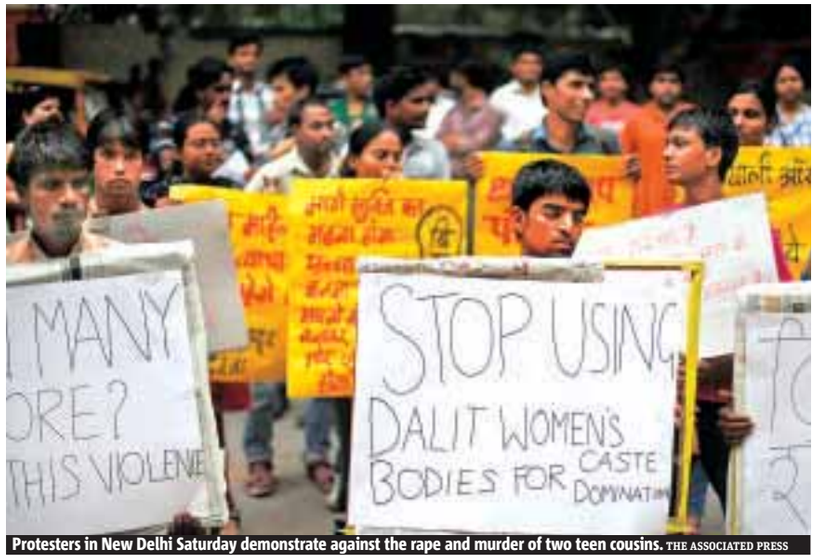
The girls, from an impoverished family with no toilets in their home in the tiny village of Katra, about 300 kilometres from Lucknow, the state capital, disappeared Tuesday night after going into fields to relieve themselves.

After the girls were found hanging from a mango tree on Wednesday, hundreds of angry villagers stayed next to the tree, demanding that police find the attackers before allowing them to remove the bodies.

Indian television stations showed footage of the villagers sitting under the girls' bodies as they swung in the wind.

Police arrested two suspects on Wednesday and another on Saturday. When questioned by police, the men admitted they had attacked the girls, police said.

THE ASSOCIATED PRESS



Protesters in New Delhi Saturday demonstrate against the rape and murder of two teen cousins. THE ASSOCIATED PRESS

Lewis Katz. Media and sports mogul dead

Philadelphia Inquirer co-owner Lewis Katz was killed along with six other people in a fiery plane crash in Massachusetts, just days after reaching a deal that many hoped would end months of infighting at the newspaper and restore it to its former glory.

His son Drew confirmed Katz's death in a crash of a Gulfstream IV private jet, which went down on takeoff from Hanscom Field outside Boston on its way to Atlantic City, N.J., on Saturday night. There were no survivors.

On Tuesday, Katz and Harold H.F. Gerry Lenfest struck a deal to gain full control of the Inquirer as well as the Philadelphia Daily News and Philly.com by buying out their co-owners for $88 million — an agreement that ended a very public feud over the Inquirer's direction.

THE ASSOCIATED PRESS

‘The Miracle Baby’ happy and healthy three months later

Stillborn. Though she didn’t breathe for nearly 30 minutes, mother says Mireya’s development appears normal

RUTH DAVENPORT
Metro in Halifax

Mireya, left, gets a kiss from her sister Trayah, 2, on Sunday.
JEFF HARPER/METRO IN HALIFAX

Three months after her tumultuous birth, death and rebirth, the little girl known as “The Miracle Baby” appears to be a healthy, bouncing three-month-old.

“Everybody asks, is there any health issues?” said mother Robin Cyr, dandling Mireya on her knee outside her Barrington Street home in Halifax Sunday afternoon. “But knock on wood, she’s doing everything on time. She holds her head up, she turns to your voice, she smiles.”

Mireya was apparently stillborn after a long and difficult delivery in March — but after 28 minutes without breathing, and after being declared dead, the baby spontaneously began breathing again.

Cyr said doctors at the hospital have never been able to explain the stunning turn, but she and her family have all the explanation they need.

“It’s a miracle, and God is doing his work,” said Pearleen Shephard, Cyr’s aunt, who was in the delivery room offering “deep and strong” prayers for the baby’s well-being.

The baby has progressed well and normally since coming home, adored by her older brother and sister, and doted on by friends and relatives.

“She gets a lot of attention,” said Shephard. “A baby does demand a lot of attention; she’s just getting some extra special attention.”

Mireya’s story attracted attention from far outside of Halifax, making headlines across New York and in Europe. Local churches have reached out to Cyr, asking her to join or come speak to the congregation.

Relief begets anger

There was no explanation from IWK Health Centre in Halifax, where the baby was born.

- Robin Cyr said she’s angry that her request for a caesarean delivery — knowing the baby was unusually large, and would present complications — wasn’t accommodated.
- Cyr’s relatives said the delivery was torturous, and to this day say the video of the birth is “too traumatizing” for Cyr to see.

London. Shock fading as city copes with boy’s alleged confinement

The southeast London neighbourhood where police were shocked to find a 10-year-old boy locked in an upstairs bedroom for as long as two years has returned to some sort of normalcy.

Those living near the house at 2421 Asima Dr. were horrified after news broke Friday about the boy.

London police reported they had gone to the house Thursday with Children’s Aid Society staff to check on the welfare of the boy after receiving a tip from the public about a child being left alone late at night.

Finding the home unoccupied, they gained entry and found the boy locked inside a filthy bedroom. London police Insp. Kevin Heslop said fast food, feces and urine were everywhere in the room, including on the bed.

The boy’s aunt and uncle, who haven’t been publicly identified to protect the child, have been arrested and charged with failing to provide the necessaries of life and forcible confinement.

Police said the couple’s daughter had been living a normal life, which included going to school, something the boy was denied.

SCOTT TAYLOR/METRO IN LONDON

Winnipeg

Frozen pipes for many despite heat

The air conditioners are whirring in Winnipeg with temperatures recently soaring above 30 C, but below the ground it’s a different story.

Hundreds of residents still have frozen water pipes.

Other cities in Canada and the U.S. grappled with frozen water pipes during an exceptionally cold winter, but Winnipeg’s problem has dragged on the longest.

The city says there are still around 400 properties that have frozen pipes and many of them are relying on neighbours for water.

THE CANADIAN PRESS

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- **Is your speech more American or British?** A defining facet of Canadian English is the tension between American and British dialects. Take a quiz to find out whether you sound more like a Brit or a Yankee.
- **Listen up, hosers!** Listen to Dr. Charles Boberg as he wraps his tongue around Canadian English and describes some regional differences in pronunciation.
- **Canadian English from coast to coast.** Help Metro chart regional differences in Canadian English by taking a short survey. The results will be featured in an upcoming story.

Canadian English: From eh to zed

Bunnyhug, chesterfield and toque. Little is more tied to Canadian identity than the words we use

LUKE SIMCOE
Metro Online

The term "Canadian English" was simultaneously coined and admonished by Rev. A. Constable Geikie in 1857. Geikie, a Scot, stood before an audience of scientists, architects and engineers at the Royal Canadian Institute and declared our nascent tongue "a corrupt dialect."

Geikie may have dismissed Canadian English, but Charles Boberg, a linguistics professor at McGill University, has made a career of studying it. While many of his colleagues treat language like a science — analyzing its very structure and debating the definition of phonemes and allophones — Boberg's research explores the nexus of language and culture.

"Linguists have a tendency to concentrate on the internal linguistic aspects of language, but it's easy to forget that languages are very much shaped by non-linguistic things," he says. "Take Canadian English, for example. The entire existence of Canadian English is due to three of the most important events in the history of the world."

The story of Geikie's corrupt dialect begins with the British victory over France in the Seven Years' War in 1763, ensuring English, not French, would be the dominant tongue of North America. Then, some two decades later, the American Revolution drove 40,000 British loyalists north into Canada.

"It was a huge influx of English speakers into an area that was still mostly francophone," Boberg said. "It meant the beginning of a significant English-speaking population in Canada and led directly to the creation of Ontario and New Brunswick."

The final event that established Canadian English as a separate dialect was the Industrial Revolution. Early automation, particularly in agriculture, created a vast surplus population in Britain and sparked another wave of English emigration to the New World.

Since then, Boberg believes the "Canadian-isms" in our language — from "eh" to "zed" — have become part of our national character, something that sets us apart from both our colonial past and the cultural behemoth south of the border.

The Canadian shift

"As we try to carve out a Canadian space in that cultural landscape, we are faced with this issue of identity," said Boberg. "And while other markers get washed away in a sea of global popular culture, language is one of the things that still remains as a solid signal of identity. Canadians can identify each other and be identified as Canadians by others by how they speak."

Languages seldom stop evolving, and Canadian English has continued to morph and change into the 21st century. The term "Canadian shift" was coined in 1995 to describe a subtle change in how we pronounce some vowels: "milk" starts to sound like "melk," "pit" like "pet," "pat" like "pot."

Similar to the shift is "Canadian raising," the phenomenon that gives rise to our stereotypical pronunciation of "oot" and "aboot." But, unlike the U.S., where marked differences in regional speech persist, the trajectory of Canadian English has been one of homogenization. With a few exceptions — Newfoundland and Quebec, mostly — Canadians pretty much sound the same.

"We've seen the consolidation of Canadian English as a national language spoken coast to coast," Boberg said. "There's 3,000 miles between Vancouver and Ottawa, yet if you put someone from Vancouver and someone from Ottawa in the same room, they'd have difficulty telling where the other was from."

Instead, the central tension in Canadian English is a linguistic tug of war between the British and American tongues. At the risk of oversimplification, we spell like Brits but speak like Yanks.

According to Boberg, the standardization of Canadian English — and its increasing commonality with its American cousin — reflects a much broader trend. Factors like increased mobility, greater access to education and the technological reach of the Internet are eroding distinctions between dialects the world over.

"They've basically put an end to the kind of isolation that fostered unique local dialects," he said. "Changes are still going on all the time, but those changes now have the ability to diffuse almost immediately into the entire English-speaking community in a matter of months."

That could have a profound effect on Canadian English, particularly when coupled with demographic changes and increased immigration. As a result, Boberg believes future Canadian English speakers could sound even more like Americans.

"With the turn away from the British heritage that was so dominant ... we have an open door for American interventions to come in," he said. "And new arrivals have the capacity to change the linguistic landscape as well, as they likely have little or no attachment to British English."

That's bad news for Geikie. "If Geikie was alive today, he'd be even more outraged."

Stereotypes

Do we really say 'eh'?

Dr. Charles Boberg says many of the stereotypes about Canadian English are "outdated" at best, and "exaggerated" at worst. In the case of the infamous "eh," recent studies show few Canadians employ the phrase except for some older Ontarians. In fact, younger Canadians, particularly those in urban areas, are more likely to end their sentences with "right."

As for the oft-satirized Canadian pronunciation of about as "a-boot," Boberg says the actual sound is closer to "a-boat." A few actual Canadian-isms:

- Washroom: Used almost exclusively in Canada, this is the general term for "toilet" in Britain, and a "restroom" in the United States.
- Chesterfield: Although its usage is on the decline, this is an elaborate Canadian word for couch.
- Pencil crayon: Elsewhere in the world, these are called coloured pencils.
- Bunnyhug: Used mainly in Saskatchewan to refer to a hooded sweater.
- Drop the gloves: As most Canadians can tell you, this slang term for starting a fight is derived from hockey.

‘Red card for FIFA!’

Demonstrators hold up a poster that reads in Portuguese “Red card for FIFA!” as they protest the money spent on the World Cup outside the National Stadium in Brasilia, Brazil, on Friday. Brazilians are angry at the billions spent to host the international soccer tournament, much of it on 12 ornate football stadiums, one-third of which critics say will see little use after the big event.

ERALDO PERES/THE ASSOCIATED PRESS

Just the (fund and MER) facts, please

HOW TO ROLL
Alison Griffiths
metronews.ca

Not long ago mutual fund investors were treated in the same way as patients in the medical system of old. “We’ll tell you what we think you need to know when we think you need to know it.”

Cost, performance and risk, three essential ingredients of investing, could be ignored completely when advisers sold mutual funds to clients. Fund Facts, an initiative of the Canadian Securities Regulators (CSA), is a fairly easy-to-read document that mutual fund providers must post on their website.

Fund Facts offers basic information such as the fund’s Top 10 investments, the risk rating as judged by the fund provider, annual performance as well as average annual returns and the cost of the fund.

The cost or fund expenses (called the Management Expense Ratio or MER), are detailed as an annual charge — 2.12 per cent, for example. They are also expressed in dollar terms. For example, the expenses of Canadian Equity Fund XYZ will cost you $21.20 for every $1,000 invested.

However, some firms don’t make it clear that the expenses are levied annually for as long as you own the fund. After looking through Fund Facts documents of various mutual funds, I noticed that an investor could easily assume that the expense is a one-time charge.

Also, missing from the document are comparative figures. An annual return of seven per cent tells you absolutely nothing without the average return for similar funds or the category. If the category average is 10 per cent then your fund is an underperformer.

Still, Fund Facts has been a step in the right direction. The next step will be an even better one. The CSA is proposing that the document be given to investors at point of sale. That means an adviser will have to produce it before you buy units of a fund.

Until the new regulation is in force, ask for the Fund Facts document before you invest. Also, insist on the category average expenses (or the MER of similar funds) and also the category average returns.

If your adviser balks, find another one.

Capital gains

Stock market plunges in Egypt on news of new tax

Egypt’s stock market witnessed a sharp plunge Sunday that forced a temporary suspension of trading after reports of a newly proposed government tax on capital gains.

The government said Thursday it is set to impose a 10 per cent tax on net realized portfolio profits by the end of the year. Stock market profits are currently tax-free. THE ASSOCIATED PRESS

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SAVE THE CHILDREN (FROM POLITICIANS)

URBAN COMPASS

Colin Fast
winnipeg@metronews.ca

When it comes to politics, there's no better prop than children. More than business owners, seniors or activists, kids are solid gold.

That's why governments are eager to roll out kid-friendly policies and slap pictures of smiling youngsters on campaign brochures.

But a few misguided laws in Manitoba make it seem like our local leaders care more about the politics than the kids.

Let's start with the province's year-old bike helmet law, which turns anyone under the age of 18 into a criminal if they ride without a brain bucket.

While I agree with the intent of the law, having police chase down 10-year-olds for letting their hair blow in the breeze seems like a massive overreaction and waste of resources.

Better to deal with this through public education than public prosecution. However, saying you launched an education program doesn't sound as impressive as passing legislation, so now every kid on a BMX is an outlaw.

In a case of the government not going far enough, we have the city's new bylaw to create 30 kilometre-per-hour speed limits in school zones.

The trouble is, the lower speeds will only be in effect from 7 a.m. to 5:30 p.m., Monday to Friday, September through June. And as I've written in the past, part-time safety zones lead to part-time safety.

Kids use school grounds at all times of the day and year, and they deserve to expect a consistent level of safety without having to check a watch or calendar. Further, they walk or ride bikes outside of school zones, or play in community parks that don't enjoy the same protection.

A more sensible solution would be to set a constant 40 kilometre-per-hour speed limit on all residential streets. But city hall seems more interested in the perception of safety than actual improvements.

Finally, we have a case of government not even knowing what it's protecting kids from.

The province recently announced it will ban the use of some weed and insect control products for home use to "protect children from synthetic chemical lawn pesticides."

But the products being targeted have been tested extensively by Health Canada and declared safe for use around children, teenagers, pregnant women and other adults.

Instead, the province wants homeowners to use a variety of "green" alternatives.

"It is not a matter of to spray or not to spray, but rather what you spray on your lawn," said Conservation Minister Gord Mackintosh.

But he's wrong. Drowning your lawn with an ineffective organic product isn't a safe option.

Instead, it's a matter of how to spray. Follow the label on any approved pesticide and your children (and lawn) will be fine.

Again, if government truly had the best interests of children in mind, it would invest in public education on pesticide use, not unscientific bans for products that already meet strict safety guidelines.

A half-baked helmet law, a half-assed school zone bylaw and a hare-brained pesticide ban: Who is going to protect the children from the politicians?

ZOOM

What a skull-ful work!

Illusion body art

Skull art created with body paint

The artwork by North Carolina-based artist Cheryl Lipstreu is composed of seven nude women who have each been covered in sparkling white body paint and brightly coloured shapes and patterns. **MWN**

This may look like an ornate Mexican sugar skull, but a closer inspection reveals it is actually made up of cleverly painted people.

RENE RODRIGUEZ/BOURNEMOUTH N/REX

Artist's viewpoint

"I really enjoyed it because it was like a modern take on a famous inspirational work by Salvador Dali. I love the Day of the Dead and find it really fascinating."

Cheryl Lipstreu, body artist based in Winston-Salem, N.C.

By the numbers

4

hours is how long it took Lipstreu to paint the models.

Meaning behind the work

Deathly message

For artwork photographer Rene Rodriguez, a health scare in 2004 made him cherish this Mexican tradition.

"The iconography of the sugar skull and the meaning behind the Day of the Dead really touched me," he said. "Having thought about my own mortality and death, it spoke to me on a primal level and I became addicted to looking at these visuals." **MWN**

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In this issue, you can find AR enhancements on page 11 in Scene and page 18 in Sports

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Worth mentioning. Woolly World Cup warriors not so baaad

To celebrate the country's return to the World Cup after a 16-year absence, artisans in the high Andean town of Nobsa put on what they billed as the first soccer match played by sheep Sunday.

On one side, dressed in specially made yellow jerseys and red shorts for Colombia's national colours, were 10 four-legged players each named in honour of one of the country's top soccer talents. Their rivals represented powerhouse Brazil, which hosts the month-long tournament beginning June 12.

Some 500 beer-soused spectators cheered on the farmyard footballers, who were trained for two weeks to recognize and kick a foam soccer ball through a rustic goalpost made of wooden logs.

The hard work was little in evidence, though. Sheep are highly social animals, seeking safety from predators in large herds, and their shepherd handlers had to keep pulling on ropes tied to the animals' necks to keep the bleating players scattered and moving so they wouldn't end up munching lazily on what grass remained on the improvised pitch.

The final result was a 4-3 victory for Colombia, thanks to a goal in the final 50th minute by the mutton midfielder "James Rodriguez," whose two-footed namesake plays for French club Monaco. **THE ASSOCIATED PRESS**

'A global symbol'

The publicity stunt was part of International Ruana Day, which every year honours local artisans who for centuries have been hand-spinning the poncho-like woolen wraps that are ideally suited to the region's wet, mountainous climate more than 8,000 feet above sea level.

- "The ruana is a global symbol, so it's only natural that the sheep deserve to be honoured," said Ramiro Barragan, Nobsa's mayor.

metro

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See that symbol? It means you can scan the photo below with your Metro News app. Song of the summer? We have the Want U Back music video

Ebooks

Beowulf: A translation and commentary

By. J. R. R. Tolkien

Kindle/iBooks/Kobo

MIND THE APP
Kris Abel
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It's the oldest surviving story in the English language — an epic poem of trolls, dragons, and heroes. Published for the first time, Tolkien's scholarly translation makes it easier to understand while his illustrations and variations make it more enjoyable, too. It's a demanding read-though, meant more for literary students than casual fantasy fans, and enhanced for study with ebook hyperlink references.

Box office

Maleficent casts spell on audiences

Disney's Maleficent debuted with $70 million at the box office. Featuring Angelina Jolie's first live-action starring performance in years, Maleficent beat forecasts to easily top all films over the weekend.

THE ASSOCIATED PRESS

Cher Lloyd wants to apologize for being late

Comeback kid. After a feud with Simon Cowell and an almost-hit in 2012, Brit singer is set to release sophomore effort

PAT HEALY
Metro World News in Boston

Two years ago, Cher Lloyd released a single that was a definite contender for Song of the Summer called Want U Back. Don't remember it? That's OK.

It was 2012, the summer of Call Me Maybe, Somebody That I Used to Know and Starships.

Lloyd, who first came to prominence in her homeland in 2010 after making it to the top four in the British version of The X Factor, has had an eventful few years.

After releasing her debut, Sticks & Stones on Simon Cowell's label, she had a falling out with the entertainment mogul, with whom she disagreed about her musical direction. It has been so long since the world has heard a full-length album from her, Lloyd decided to title her brand-new release, Sorry I'm Late.

"In one sense, I'm glad that we have waited, because I feel so good about everything right now," says the singer in her chipper British accent. (She will turn 21 next month, by the way.)

"The main thing for me is that I have grown as a person," she continues.

"Before, it was all similar sounds, and very pop and very young as well, and now I feel like I'm at the point where I'm able to express myself in a completely different way."

The recent video for her Sirens single is definitely a different way of expressing herself.

It features a tearful Lloyd singing in the kitchen as the DEA barges in and arrests the bad boys who are involved in some nondescript illegal narcotic activity in her dining room.

Cher Lloyd's new album is aptly titled Sorry I'm Late. GETTY IMAGES

Lyrical analysis

- **A butt and a rack.** Lloyd's single I Wish, which came out last fall, features T.I. and functioned as a bridge of sorts to prepare fans for her new material. There's a line in the song that we couldn't help but ask her about: "I wish I woke up with a butt and a rack." "Doesn't every young girl wish for that? ... Of course they do," she says. "That song for me was basically me revealing myself and saying I do wish for the things that I can't have, and I think that's relatable."

"It's not necessarily bubblegum pop," says the singer about the new material. When talking further about the different sound, Lloyd says she credits the change to her increased involvement in making Sorry I'm Late.

"Every song on this album was picked by me, not by guys in suits," she says.

When we ask Lloyd if her song, "M.F.P.O.T.Y." (it stands for Mother F—ing Party Of The Year) is a contender for this year's Song of the Summer, she is humble.

"I'm not sure," she says. "I'm the type of artist that lets something go and do its own thing because I know my fans are really passionate. And it will possibly be their song for the summer."

A tale of male ego gone horribly wrong

Sharlto Copley. CONTRIBUTED

NED EHRBAR
Metro World News in Hollywood

South African actor Sharlto Copley has put a lot of thought into the decisions his character, Stefan, makes in Maleficent, betraying the title fairy (played by Angelina Jolie) and setting her on a path of revenge. And those thoughts quickly became a lot of thinking about society, gender roles and the male ego.

Stefan is pretty much the villain in this story, but you can't really oversimplify him as such, can you?
I don't like playing villains. I'm not an actor who enjoys it more. But in this case, I felt like this was an opportunity in a very female-centred film to play the kind of cautionary tale for men of what can happen to that male ego, the male desire and ambition for power. It's a very stereotypically male trait. And when that runs away with itself and is left unchecked, what happens then? How many stories can I tell you of very successful men who destroyed their families — they traded in their wives for younger versions as soon as they were successful, they didn't spend time with their kids. That's what King Stefan is in an extreme version. I'm guessing there's very few billionaires who were faithful to their wives. I'd be fascinated to see the stat on that.

I was joking to a friend that the film could be seen from Stefan's perspective as a cautionary tale about crazy ex-girlfriends.
It is definitely also a cautionary tale about crazy ex-girlfriends, I could see that working. "Sorry, this is really awkward." That's great.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

A castle fit for the wedding of King George?

STARGAZING
Malene Arpe
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George Clooney and fiancée Amal Alamuddin visit Highclere Castle, the location for Downton Abbey, starting rumours they may get married there. Meanwhile Kim and Kanye stay at Ireland's Castle Oliver during their honeymoon. Not to be outdone, Mila Kunis and Ashton Kunis immediately request private tours of White Castle, Wolfenstein Castle and the set of Castle.

Madonna fails to report for jury duty in New York. She already judges people every single moment of every day, so maybe you could just leave her alone.

Johnny Depp's fiancée, Amber Heard, says friends often warn her lovers about her "trailer park" attitude. It's all right. Johnny Depp's friends often warn his lovers about the "moth-eaten hat, the dirty fingernails and the estimated net worth of $350 million."

Diane Keaton says she wants to kiss Robert Redford, David Beckham, Clint Eastwood, Adam Levine, Will Ferrell, Bradley Cooper, Ryan Gosling and Louis C.K. That's a really weird, kinda eww-y list. Who in the world would want to kiss Adam Levine?

Frozen is now the fifth-highest-grossing movie of all time. But that's not all. It's now the fourth-highest performer when it comes to driving parents crazy, preceded only by Walmart tantrums, answering a question with another question and Emma Thompson saying, "You can't be a great mum and keep working all the time."

Lindsay Lohan

London calling to Lindsay Lohan

She's London's problem now. Perennially troubled starlet Lindsay Lohan is apparently looking to make her recent trip to the U.K. more of a permanent one by snagging a place to live and ditching her current home in New York City, according to the Sun. "Lindsay's really enjoying being in the U.K. and has told her pals that she's staying here for good," a source says, adding that Lohan has also apparently been boasting to friends that a move across the pond could get her career back on track. "Lindsay has also started investigating getting acting work in London."

Pitt prankster faces probation, therapy

Vitalii Sediuk

Ukrainian prankster Vitalii Sediuk may have crashed his last red carpet. The TV reporter pleaded no contest to battery charges in L.A. Friday following his accosting of Brad Pitt at the Maleficent premiere, resulting in a sentence of three years' probation and 12 months of therapy as well as a restraining order to keep him away from Pitt, Angelina Jolie and their family. Sediuk also made headlines last month for sticking his head up America Ferrera's dress at Cannes and last year for trying to kiss Will Smith on the lips during a red carpet interview.

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Stop picking your own pocket

Who's plundering your plenty? The top nine suspects live very close to home

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Keep tabs on small indulgences like workday coffees, which can quickly add up. ISTOCK

Ever look at your bank account balance, or in your wallet, and think to yourself, "Damn, where'd the money go? I was robbed!" Want to know who the primary culprits are? Here's a list of the usual suspects:

1. Gym memberships: Remember that New Year's Resolution you made six months ago to get fit? You bought the outfit. You bought the shoes. You bought the gym membership. Six months later, they're still taking that money out of your bank account every month, but you haven't seen the inside of the gym in weeks. Hey, you don't have to spend that money to get healthy. Find a way to work out for free and get your bank balance healthy, too.

2. Cable: It's not unusual for folks to drop $100 a month or more on cable every month. Cut back or cut off your TV habit completely and watch the money pile up in your emergency fund instead. (By the way, I don't have cable; it's not worth the money or my time!)

3. Small indulgences: The cup of coffee on the way into work, the magazine you pick up randomly, a lip balm here, and screwdriver there ... it all adds up. For the next week, make a list of all the indulgences you buy as you move about your life. From the pack of gum to the movie rental, it goes on the list. Add it up. As long as you know where your money is going, you won't feel robbed. If you don't like where your money is going, change something.

4. ATM fees: Are you still hitting up the ATM every time you need $20? Give your head a shake. If you're pit-stopping to get cash, and paying a pretty penny for the privilege, you need to stop wasting money. Banks are happy to take your money if you walk into their stores and empty your pockets! Figure out a budget and with each paycheque you deposit, take enough cash to last you until your next pay. If you run out in between, too bad! Search your couch cushions for change. If you *have* to lay your hands on cash, do it at the grocery store as a cash-back so you won't pay a fee.

5. Brand-name anything: Are you such a fancy-pants that you're willing to pay heaps of money so you can show off a brand? From scotch to shoes, people love their brands. But if your brand-name shopping is getting in the way of your goals (debt freedom, an emergency fund, retirement savings, or whatever else you're working toward), it's time to re-evaluate those brands' importance to your life. Sure, some brands come with a sense of value attached. But there are a lot of times when the less expensive generic option will do just fine.

6. Bad habits: Are you still smoking? Seriously? 'Cause you don't know it's bad for you? Or because you've got so much money it's fine to send some up in smoke? See those lottery tickets you buy religiously each week? Do you know you are more likely to be struck by lightning than win a lottery? Or how about that beer, wine or vodka habit you've built up. I know a woman who was spending $600 a month on Grey Goose even as she complained about how little money she had. If you're missing money, your bad habit may be the major culprit.

7. Your car: Have you added up what you're paying for insurance, maintenance, gas and car payments? If it adds up to more than 15 per cent of your take-home pay, your car is your highway robber. If you must have a car for work, then you'll have to cut back elsewhere so your budget balances. But if your car is an indulgence, time to buy a bike.

8. Your cellphone plan: Behind on your cellphone bill? Shocked when you open the envelope and look at your balance? Cellphones — particularly smart ones — can steal your money faster than just about anything else. If you're not on a plan, get on one so you're very aware of what you're spending, or a plan that covers "everything" that you work into your budget. Stick to the plan.

9. Your home: Housing costs may not seem to be something that's within your control, but that's a perception. Unless you're prepared to be house-poor, don't spend more than 35 per cent of your take-home pay on the roof over your head. And watch for all those other costs that creep in: those beautiful towels you just have to have; new dishes, candles, and whatever else you buy in the name of making a comfy home.

If you're determined to make your money work as hard as you do, it's time to become aware of the thieves who rustle your bank account and wallet. How many of these suspects are on your most wanted list?

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Online encyclopedia health info, you are the Wiki-est link, study says

At the first signs of illness, many of us don't hesitate to look up our symptoms and corresponding conditions on Wikipedia. But according to a study published in the Journal of the American Osteopathic Association, the vast majority of health-related pages on the open online encyclopedia are laden with errors.

Carried out by a group of 18 doctors with various affiliations across the U.S., the study identified the 10 most costly conditions in the country. The Wikipedia entry on each of these conditions was then scoured line by line and compared to trusted, peer-reviewed sources of medical information.

High error rate

9 in 10

Study results are discouraging for fans of the online encyclopedia: errors were found in nine of the 10 articles.

And the results are discouraging for fans of the online encyclopedia: errors were found in nine of the 10 articles. Coronary artery disease, lung cancer, osteoarthritis, hypertension, diabetes, back pain ... The only exception to the rule was the article on trauma-related disorders, which was accurate at the time of review, according to the experts, although errors could of course be added at any time.

Down-at-heal doctoring

47-70%

Alarmingly, the study also revealed that 47 per cent to 70 per cent of doctors and medical students admit to using the online encyclopedia as a reference.

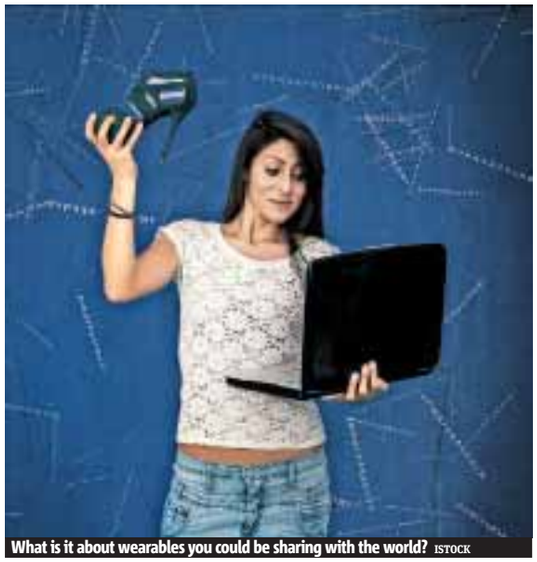
These conclusions underscore the necessity of double-checking information found on Wikipedia, which allows anyone to add to, and modify, entries.

Alarmingly, the study also revealed that 47 per cent to 70 per cent of doctors and medical students admit to using the online encyclopedia as a reference. AFP

Stitching up great success in style blogs

When closets compute.
The world's fashion-fuelled minds are fast turning typing into a fashionable pursuit

ANDREA PARK
Metro World News


What is it about wearables you could be sharing with the world? ISTOCK

There's no blogging major at the Fashion Institute of Technology, but some of the college's students are building their future through their web presence instead of through the career office.

Freddy Rodriguez, who just graduated on Thursday, started his blog Blue Perk three years ago during the summer after his freshman year. At first, Rodriguez's blog was just a fun way for him to show off his stylish outfits, but in February 2013, he saw his readership explode after Tumblr featured him as a Fashion Week blogger. "I had press from Fashionista and Mashable and that's how I got a lot of presence and gained momentum," he said.

Rodriguez, 22, has had a wild ride thanks to his blog, which includes working on a special project with Billy Reid and taking trips as far as Thailand.

Rodriguez started making money from the blog one year ago. "I had some friends doing it full-time and realized that as long as I market myself accordingly and grow at the same rate, I could do it professionally," he explained.

Cash in on your computer

"There is money out there. Brands are realizing the worth of bloggers, and it grows as they continue to work on different blogs."
Freddy Rodriguez
Author of blog, Blue Perk

Now, Rodriguez makes money from writing sponsored blog posts for brands like Kenneth Cole or Ted Baker and working on social media side projects, including his job as a community manager for Details.

His collective income is comparable to that of a fashion assistant and his savings will allow him to move to Europe, where he will travel and attempt to expand his brand.

"There is money out there," he said. "Brands are realizing the worth of bloggers, and it grows as they continue to work on different blogs."

Tumblr featured Rodriguez again last fall as one of 20 Fashion Week "all-star" bloggers, along with two fellow F.I.T. students, Nicole Loher and Ryan Charchian.

Loher, who also graduated on Thursday, started her blog NicoleLoher.com in high school. "I had one of the first fashion Tumblrs and the people at headquarters took note," she said. Just as Loher was starting college in 2010, Tumblr sent her to Fashion Week as an editor.

Soon, Loher, 21, realized her blog could be more than a hobby.

"After my first year of college, I realized it was a career choice for some, and that it was profitable," she said. Today, Loher works at Nanette Lepore in social media and branding; she also earns money from her blog and side gigs like modelling for Gant Rugger Womenswear.

She said blogging has been more valuable to her career than her classes have been. "I learned most of it on my own," she said. "You can look at the textbook version, but you won't really understand it until it's applied. Blogging has given me that — I've learned to negotiate my own contract and pricing and that's definitely something you cannot learn in a textbook."

Charchian, 20, is still a student, but the blogger behind Fashionisto Diaries already has a manager.

Charchian credits his start in Washington, D.C., where the fashion blog scene was not as crowded as the one in New York, as an advantage; even as a high school student, he received invitations to fashion events around the city. F.I.T. seemed like a natural fit when he applied to college and Charchian has been taking advantage of life in New York City by taking on various internships at Vince and now at Tumblr.

"The things I'm passionate about I take 110 per cent," he said. "I will admit there were times I could be so much more studious, but I love my blog and I love what I do."

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'Round the world wisdom

Are your thoughts helping or hindering you?

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

What's in our head when facing a big challenge? In the Gobi desert, I ran the first four marathons without much of a care. On the fifth day, a double marathon, I spent 10 hours with myself, questioning my capabilities.

The more my inner judge examined my weaknesses and doubted my abilities, the slower I ran. The self-fulfilling prophecy was realized and

The reward of the record

I wanted to alter my mental storytelling when things didn't go the way I wanted them to, and my plan was simple: As soon as a thought entered my mind, I would record it immediately in my phone while I ran in training.

I learned a lesson that day: Were I to run an ultra-marathon again, I now knew I had the physical ability to thrive, but I needed to retune my inner voice. One year later, I signed up for the Sahara Race and went to work.

I wanted to alter my mental storytelling when things didn't go the way I wanted them to, and my plan was simple: As soon as a thought entered my mind, I would record it immediately in my phone while I ran in training.

I would also pay attention to my speed. Afterwards, I would listen to the conversations with a coach, dissecting each one and then correlating them to the speed at which I ran.

There was a mash-up of feelings, such as "I'm hurting," or "I'm bored," interrupted periodically with unfocused thoughts such as "I wonder what I'll have for breakfast."

As my coach and I listened to the recordings and cracked up at the ridiculousness of my running commentary, I rapidly came to understand that while my brain was firing off thoughts on the run, I was no longer fully in the moment. It was as if my thoughts consumed energy, depleting me and resulting in a slower running time than I was capable of.

I also discovered that we can tell ourselves incredibly disempowering, and at times even hurtful things, as opposed to uplifting ones.

In the end, the sheer act of voicing my inner thoughts to the recorder started to interrupt these thoughts. The recordings would in time deaden the voice.

It doesn't matter what hurdles we face — you can count on being hijacked by your feelings. Odds are, if you notice and record them, they will disappear, allowing you to replace them with thoughts that will help you reach your goals faster.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

Nutrition, flavour and ease all in one

This recipe serves four. ROSE REISMAN

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

FLASH FOOD

From your fridge to your table in 30 minutes or less

During the warmer months, I love a healthy pasta salad that can be served at room temperature. I also want to be able to add lean protein and some veggies so I can have go-to food when I want a complete delicious, nutritious and satisfying meal. This Hoisin Penne Salad with Edamame, Shrimp and Mango fits the bill!

One hundred per cent whole wheat pasta has to be one of the healthiest complex carbohydrates you can eat since it contains fibre, which keeps you full for longer periods. It also keeps your blood sugars level, which can help prevent obesity and type 2 diabetes, as well as colon cancer and heart attacks.

The key to cooking whole wheat pasta is to not overcook, or the pasta will become too soft.

This main course has all the nutrients you need in a meal. The whole grains take care of fibre, shrimp and edamame serve as the protein and an outstanding hoisin dressing made with plain Greek yogurt rounds it all out.

Feel free to substitute the shrimp for any other protein such as chicken, beef or tofu

This pasta salad can be served the next day since the pasta doesn't absorb the dressing, so it won't become dry.

Directions

1. Cook pasta until tender to the bite. Drain, rinse with cold water and place in serving bowl.

2. In a large skillet sprayed with vegetable oil, add oil and onion and sauté on medium heat for 10 minutes, then add bell peppers and sauté for 5 minutes. Add the edamame and sauté for 2 minutes. Let cool. Add mango and add mix to pasta.

3. In skillet sprayed with vegetable oil, cook shrimp until no longer pink. Add to pasta.

4. Sauce: In small bowl, combine hoisin, soy, vinegar, sesame oil, garlic, ginger, Sriracha and Greek yogurt until smooth. Add to pasta and serve garnished with sesame seeds and cilantro.

Nutritional information

Per serving

- **Calories.** 270
- **Carbohydrates.** 40 g
- **Fibre.** 8.5 g
- **Protein.** 4 g
- **Total fat.** 13 g
- **Saturated fat.** .75 g
- **Cholesterol.** 80 mg
- **Sodium.** 600 mg

Ingredients

- 8 oz penne whole wheat pasta (such as Catelli Healthy Harvest)
- 2 tsp vegetable oil
- 1 cup sliced onion
- 1 1/2 cup sliced red bell pepper
- 1 cup edamame beans
- 3/4 cup diced mango
- 8 large shrimp

Hoisin sauce

- 3 tbsp hoisin sauce
- 2 tbsp low sodium soy sauce
- 2 tbsp rice vinegar
- 1 tsp sesame oil
- 1 tsp minced garlic
- 1/2 tsp minced ginger
- 3/4 tsp Sriracha (add to taste)
- 3 tbsp plain Greek yogurt

Garnish

- 2 tsp toasted sesame seeds
- 1/4 cup chopped cilantro

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Get moving this summer

Active lifestyle. Some camps offer a new approach to children and healthy living

ASTRID VAN DEN BROEK
For Metro

Active lifestyle camps may be the answer for your child this summer. SHUTTERSTOCK

Biking or mini triathlons are some of the activities scheduled during an active lifestyle summer camp. SHUTTERSTOCK

With Canada pulling in a poor D– ranking in the recently released Active Healthy Kids Canada: Report Card on Physical Activity for Children and Youth, parents might be looking for new ways to get their kids off the tablets and outside and moving this summer. If so, active lifestyle camps might be the answer.

New name, new approach

While at one time these camps carried the ugly nickname of "fat camps," today's camps offer a new approach to children and healthy living.

"These camps are all about changing their physical body, but it's to help them if their bodies are getting in the way of pursuing dreams or giving them more energy," said Jill Baxter, director of Active Challenge camp in Renfrew, Ont., a camp for girls aged 12 to 18.

Baxter said that these camps operate very much like a traditional summer sleepaway camp.

"The only difference is we have a specific focus on nutrition and more money on our food budget than any other camp in existence, simply because we're eating fresh foods," she said. "And instead of macramé, we take cooking classes and learn how to prepare meals for ourselves. Or instead of archery, we're doing Zumba."

Camp activities

Here is a sample of a few activities campers might take part in at Active Challenge:

- Fitness classes
- Mini triathlons
- Journal writing
- Cooking classes
- Yoga
- Nutrition seminars

Personal growth

While nutrition and health are definitely the camp's focus, ultimately, there is another goal, Baxter said. To build the confidence of the girls and help them through personal challenges.

"All they lose are pounds and inches. Maybe they gain pounds and inches in lean muscle mass, but what they really gain is enormous. We do challenging things because we know that once you do something you didn't think you were capable of doing, you have a sense of what you really can do. And that feeling gets transferred into writing tests and going to job interviews and more. That really is the value of a program that challenges you in a safe and nurturing way."

Packing up. Preparing for time away from home

It's your little one's first time away this summer at sleepover camp. How will they do?

How will you handle being away from your child for so long? If you are new to the sleepover camp scene, here is what you need to know.

How to prepare

Don't surprise your child about going to a sleepover camp — select one together and give them lots of time to get used to the idea of being away from home for a week or longer.

"And get them excited about camp by looking at videos or photos on the camp website and shopping with them to prepare," said Jennifer Kolari, a Toronto-based child and family therapist and author of Connected Parenting: How to Raise a Great Kid.

"That's an exciting part of the lead-up to camp. And make sure, before they go, you two have lots of closeness and cuddling to make sure that bond is really strong before your child leaves."

What if they are homesick?

Homesickness is a normal and healthy feeling that often dissipates after the first two nights.

"Kids aren't usually allowed to call home because that tends to make it worse," Kolari said. "But you can send along written letters, pictures and care packages. These tangible things can really help."

I miss them so much

Kolari said sleepaway camp is a learning experience for everyone — for children, it's about developing independence, and for adults, it's stretching boundaries.

"As much as we love our children, it can be tiring to be on all the time, so enjoy it," Kolari said. "Don't spend the whole week missing them so you're not enjoying rejuvenating and refreshing yourself."

It's important to prepare your child before they go to their first sleepaway camp. SHUTTERSTOCK

Tips for parents

Some secrets for sleepaway camp success from the Ontario Camping Association.

1 If you can, tour and visit the camp before your child goes.

2 Don't schedule family celebrations while your child is away.

3 Talk about homesickness before your child leaves, but don't promise to pick them up if they are truly homesick.

It also helps to plan a full week of activities you might not normally do with a child at home, such as extra date nights or girls' nights out.

ASTRID VAN DEN BROEK

Developing Values & Life Skills

CAMP stephens
Lake of the Woods

For children 8-17 years

A fun island-camping experience on beautiful Lake of the Woods near Kenora, Ontario

Experienced camp counsellors

1- to 6-week wilderness trips

Exciting programs inlcuding:
- leadership skills
- canoeing
- swimming
- high & low ropes
- kayaking
- climbing wall
- zip line
- sailing

CampDouglas
YMCA-YWCA OF WINNIPEG

For children 6-17 years

Discover the Interlake's playground - just 35 km from Winnipeg! Perfect for first-time campers!

Experienced camp counsellors

4- or 5-night stays

Exciting programs including:
- leadership skills
- biking
- swimming & waterslides
- high ropes
- climbing tower
- campfires
- singsongs
- geocaching

DAY CAMP

For children 4-17 years

Winnipeg-based day camps at the Downtown, Elmwood-Kildonan, South, and West Portage locations

Experienced camp counsellors

Full day fun & adventure

Exciting programs including:
- leadership camp (12-17 years)
- Day & Kinder camp (4-12 years)
- gym & swimming
- high-energy games
- crafts & theme days
- weekly excursions to a variety of destinations, including Camp Douglas

YMCA-YWCA of Winnipeg
Camps

For more information or to register, visit
ywinnipeg.ca

United Way

Baseball

Fish flutter to end homestand

The weekend started off right for the Winnipeg Goldeyes with a pair of wins to start their four-game home series against the Lincoln Saltdogs, but then things turned sour as the Fish dropped the final two to the 'Dogs on Saturday (8-1) and Sunday (4-1) to split the series.

"You've got to score runs. In baseball you've got to outscore the other team," said Winnipeg manager Rick Forney following Sunday's loss to put the Goldeyes at 10-7 on the season. "If you don't score you're not going to win regardless of how well you pitch."

Fish starter Kyle Anderson put together 6 2/3 innings of quality two-hit ball but ultimately took the loss, his first of the year, putting the recently turned 24-year-old at 2-1 on the season with an impressive 1.19 ERA.

Winnipeg, now one game out of first place, heads down to Sioux Falls and Fargo-Moorhead for a pair of critical North Division series.

DARRIN BAUMING/FOR METRO

MLB

Jays' Buehrle bowls over Royals with help from gloves

Left-hander Mark Buehrle pitched eight strong innings to become first 10-game winner in the major leagues and Dioner Navarro and Edwin Encarnacion homered as the Toronto Blue Jays defeated the Kansas City Royals 4-0 on Sunday.

THE CANADIAN PRESS

Kings set up cup clash with Rangers

The Blackhawks' Brandon Bollig, left, and the Kings' Dwight King jostle during Game 7 of the Western Conference final on Sunday in Chicago. Los Angeles scored on a deflection in overtime to give the Kings a 5-4 win to beat the defending champion Blackhawks and punch the Kings' tickets to their second Stanley Cup final in three years. Go to metronews.ca for more coverage of Sunday night's game and the NHL playoffs.

NAM Y. HUH/THE ASSOCIATED PRESS

Kuale wants to be solution for Bombers

CFL. Linebacker has fresh start in Winnipeg after flameout in Toronto

New outlook

"We have to forget everything we've learned about football and buy into what coach Etch is trying to teach us." Linebacker Ejiro Kuale on Bombers defensive co-ordinator Gary Etcheverry

Maybe it's third time lucky for linebacker Ejiro Kuale, who has bounced around a bit since he was released by the Toronto Argonauts after the 2012 season ended with their Grey Cup win.

As the Winnipeg Blue Bombers opened their main training camp Sunday, Kuale is one of the newcomers brought in to bolster a sagging defence that ranked overall where the Bombers finished 2013, in the CFL cellar with a league-high 585 points against.

After brief stints in Montreal and Saskatchewan in 2013, Kuale is entering his fifth year in the CFL in Winnipeg, where the Bombers are now coached by former Toronto special teams co-ordinator Mike O'Shea.

The two have a lot of good things to say about each other.

"He understands what it's like to be a player," says Kuale, who played special teams in Toronto when O'Shea was there.

"He approaches the game differently from any of the coaches I've ever been around."

The Bombers are in need of a middle linebacker after star Canadian Henoc Muamba jumped to the NFL and Kuale, six-foot-two, 238 pounds, is certainly a contender.

"There's good competition at that middle linebacker spot but Kuale is, having coached him in Toronto, he's a different type of player," said O'Shea.

"He's very physical. He's always in great shape and he can be a leader, that sort of emotional type of leader for guys. He's come in and he's not let us down."

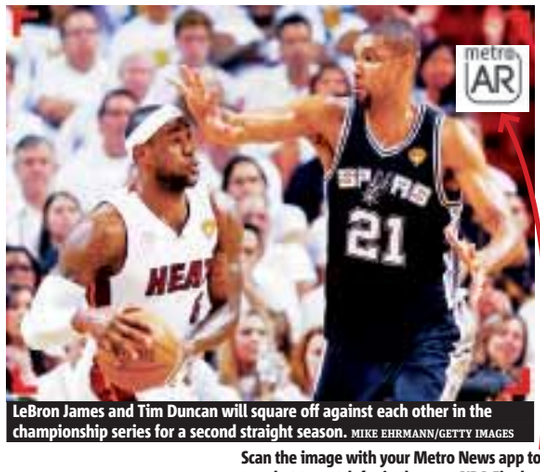
For someone who will turn 31 in July, Kuale showed no ill effects Sunday from a 4.5 practice in weather that wouldn't have been out of place in his hometown of Daytona Beach, Fla.

"I feel great today although I should have brought my old cleats, my brand new cleats have my feet hurting a bit.... I pulled a rookie move, I'm a vet, I should know better."

Veteran offensive lineman Glenn January liked what he saw at camp. The O-line is another place the Bombers are looking to add talent.

"Everybody thinks they look good May 31 or June 1 but I think we're looking pretty good," said January, entering his eighth season in the CFL and sixth with the Bombers.

THE CANADIAN PRESS



LeBron James and Tim Duncan will square off against each other in the championship series for a second straight season. MIKE EHRMANN/GETTY IMAGES

Scan the image with your Metro News app to get up to date on what to watch for in the 2014 NBA Finals.

Familiar feeling to NBA Finals

Over the last 10 seasons, only one NBA player has been part of more wins than LeBron James.

His name is Tim Duncan.

Their numbers over that decade are incredibly similar. Duncan has appeared in 622 regular-season and playoff victories, James has played in 621. Duncan is shooting 50.2 per cent from the field, James is shooting 50 per cent. Duncan has won two championships with San Antonio during this 10-season stretch, James has two with Miami.

Plus, when facing each other in the NBA Finals, both has won one, lost one.

Here comes the tiebreaker — a Finals rematch of high expectations.

Miami and San Antonio are the last teams standing for the second consecutive year, their next chapter starting on the Spurs' home floor Thursday night. The Heat won a wild series last season for their second straight title, needing a frantic rally to avoid elimination in Game 6 and then riding the strength of a 37-point, 12-rebound effort from James to top the Spurs in Game 7.

East meets West

"The two best teams will meet. We're just happy and excited that we're one of the best." Heat guard Dwyane Wade

"If I can compliment my own team humbly, to have that tough loss, especially the Game 6, and not have a pity party and come back this year and get back to the same position, I think that's fortitude," Spurs coach Gregg Popovich said.

THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
Listen to what friends and relatives tell you but don't think you have to follow their advice. Deep down you already know what needs to be done, so why not just pluck up the courage and get on and do it?

♉ Taurus
April 21 - May 21
Be careful when dealing with people today, especially if money is involved. Anything that sounds too good to be true likely is, so don't let enthusiasm, or greed, get the better of you.

♊ Gemini
May 22 - June 21
Keep your thoughts to yourself over the next 24 hours. It won't be easy but the planets warn if you speak too freely it could rebound on you in ways you had not expected.

♋ Cancer
June 22 - July 23
Sometimes in life things occur for no reason, so stay calm and accept what happens today, no matter how annoying it might be. Most likely in the greater scheme of things it is of only minimal importance.

♌ Leo
July 24 - Aug. 23
A number of strange, even bizarre, things are likely to happen over the next 24 hours but none of them can do you any harm so don't take them too — or yourself — too seriously.

♍ Virgo
Aug. 24 - Sept. 23
Keep your plans to yourself today. The less others know about what you are up to the better. You don't have to be dishonest but you do have to realize there are people who don't want to see you succeed.

♎ Libra
Sept. 24 - Oct. 23
This is still one of the best times of the year for you but that does not mean you can do as you please. The planets warn you may need to take extra care today and tomorrow when dealing with travel plans.

♏ Scorpio
Oct. 24 - Nov. 22
If you are dishonest when dealing with others today they will be dishonest with you later. You don't need to tell lies or cut corners to get what you need!

♐ Sagittarius
Nov. 23 - Dec. 21
If there is something you want to sort out with a loved one, be quick about it. Mercury, planet of communication, turns retrograde on the 7th, making it much harder to make a friendly connection. Speak now.

♑ Capricorn
Dec. 22 - Jan. 20
Are you working more for others than for yourself? According to the planets you are, so let those who are taking advantage of your generous nature know that's as far as it goes. And mean it.

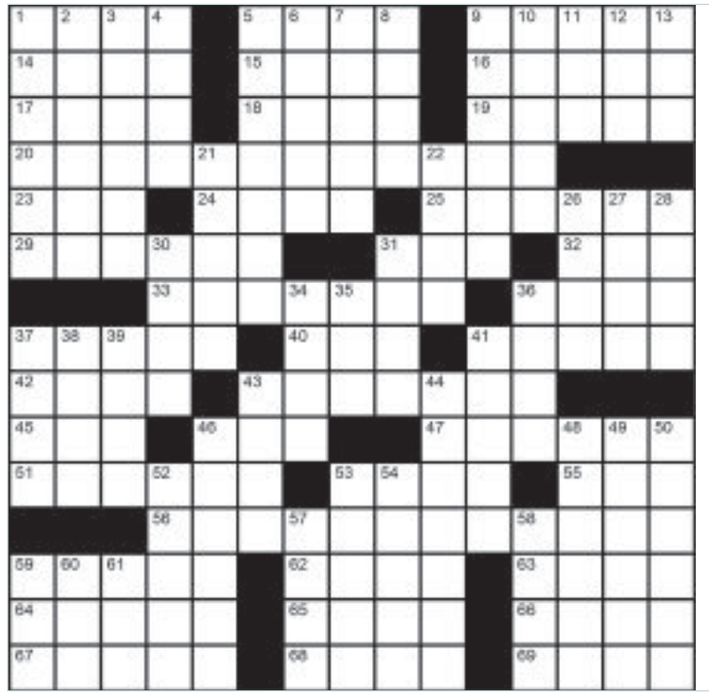
♒ Aquarius
Jan. 21 - Feb. 19
If you kid yourself into believing that certain things are true when they clearly are not it could lead to a costly mistake. If you must take a risk make sure you know all the facts.

♓ Pisces
Feb. 20 - March 20
Spell out in plain language what it is you expect of others. At home and work misunderstandings are likely today, so take your time and make sure everyone knows what they should be doing. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



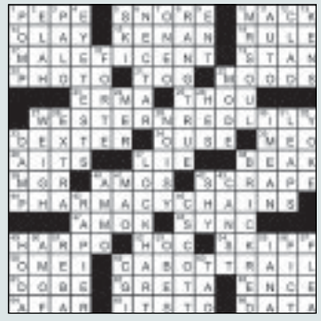
Across

1. Trade
5. Radar signal
9. The Viscount __ (Canada's first Governor General, from 1867 to 1868)
14. Painter, Guy __ du Bois
15. Ancient symbol
16. Scent
17. "..._ __ my Annabel Lee..." - Edgar Allan Poe
18. Feed the kitty
19. Wandering woofer
20. Victoria landmark known for its beautiful stained glass windows, __ Castle
23. Water wiggler
24. Too
25. Peter __ (Winnipeg actor who plays Nick Collins on the police series at #49-Down)
29. Do what the WWE does, fun-style
31. Mr. Sajak
32. Not now
33. Hybrid instruments
36. Mike's "Wayne's World" (1992) co-star
37. Bargain events
40. Tokyo, once
41. More sweet
42. Farming implement
43. Mayim Bialik's '90s sitcom
45. River inlet
46. Canadian actor Mr. Bennett
47. One of Quebec's Magdalen Islands, Havre-__
51. Piano company
53. Filmmaker, Gus Van __
55. Onetime bird
56. Fun/upbeat music genre: 3 wds.
59. __ centre
62. Boo-Boo's pal
63. Torch type
64. Beatles: "Eight Days ___"
65. Discharge
66. Beam
67. Windblown silt deposit
68. Baseball's Sammy
69. Notices

Down

1. Dish-seasoning person
2. "____ fun bunch." ...said the family booking an adventure holiday
3. Yearly records
4. Mani-__ (Beauty parlour service)
5. Movies: Mr. Cooper
6. Belonging to Rome's moon goddess
7. Something's start, shortly
8. __ pressure
9. Ace, to the Toronto Blue Jays
10. 'Straight'-meaning prefix
11. Neither's pal
12. Taylor Swift's lettered award
13. Mary __ (Cosmetics company)
21. Strong winds
22. Grannies: German
26. Clean
27. Sea eagle, variantly
28. 2014
30. Distort
31. Fors
34. Prefix to 'gram' (Message kind)
35. Brouhaha
36. Silly
37. Nimble
38. Et __ (And others, in Latin)
39. Planter's purchase
41. Jean __ (drug store chain)
43. Tell all
44. Ms. Patel, "ET Canada" Entertainment Reporter
46. Food Network Canada's "__ Day Off"
48. HRE's 'E'
49. Global's "__ Blue"
50. Easy hole-entering golf shots: 2 wds.
52. Trees: Fir, fancy-style
53. Sports replay speed: 2 wds.
54. Ancient shield
57. Farewells
58. Boardroom events, briefly
59. Pres. Coolidge
60. Pacific island, __ Jima
61. Sweater neck shape

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

4	8		2					
	7		3	1	8			2
					9		5	7
5			4					
7								1
					3			9
9	2		7					
8			5	9	1		6	
					6		9	3

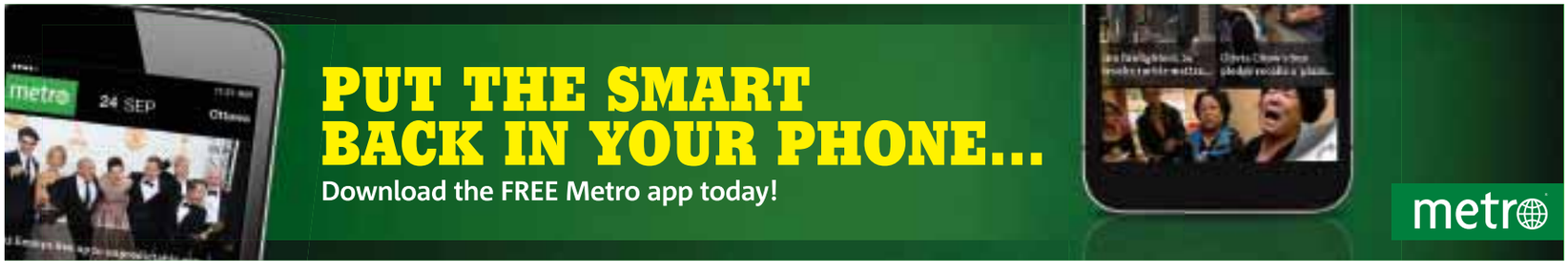
Friday's Sudoku

Weather

TODAY	TUESDAY	WEDNESDAY
MAX: 17° MIN: 16°	MAX: 23° MIN: 12°	MAX: 25° MIN: 9°

BT BREAKFAST TELEVISION

JENNA KHAN
WEATHER SPECIALIST
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 AM**



WICKED IS FLYING BACK TO WINNIPEG